WISEWOMAN Cardiovascular Services Program Flow Diagram

Cardiovascular program of Show Me Healthy Woman

Recruitment and Scheduling

- Notify BCCCP clients of free cardiovascular health screening
- Schedule 15-20 minutes additional time for annual visit
- Advise to fast for 9-12 hours prior to appointment time

Screening Visit

- Have client sign participation agreement
- Have client complete history form
- Baseline measures: height, weight, waist circumference, blood pressure, lipids, and blood glucose
- Clinician interprets results and completes history and screening form

Desirable BP, Cholesterol & Blood Glucose

- Send results letter
- Annual Screening
- Option of lifestyle education program

Increased BP, blood cholesterol, blood glucose, or weight (Non-Alert Values)

- Send results letter
- Clinical follow-up as appropriate
- Medical referral, if indicated for:
 - Elevated blood pressure
 - Elevated cholesterol
 - Elevated blood glucose
 - Physical activity clearance
- Documentation of screening results and referrals

Alert Values

Glucose > 375 mg/dL Cholesterol > 400 mg/dL Blood Pressure SBP > 180 mm Hg or DBP > 110 mm Hg

- Referral for immediate (or <1 week) assessment and medication, if needed
- Case management
- Documentation of percent referred, timeliness of referral and receipt of appropriate treatment

Intervention Coordination

- Schedule lifestyle education sessions (Standard: 2-individual or 3 group)
- Notify / remind clients of sessions
- Send reinforcement messages-postcards

Lifestyle Intervention

- Lifestyle education individual and/or group sessions provided over a six month period
- Send reinforcement messages-postcards
- Documentation of sessions

Annual Screening (10-14 months)